

## Keep Fit Classes

Why not come along and join your keep fit group at The Morecambe College of Further Education between 6:00pm and 7:00pm each Wednesday. The class has been especially designed for our needs, and is supervised by Hilda Preston, Cardiac Specialist Nurse and Gaye Jackson a first class Physiotherapist. We all work at a pace to suit our individual abilities...there are no budding Olympic athletes attending! At £1.50 per session it is excellent value.

Everyone is welcome.

### NHS Direct 0845 4647

This telephone service is staffed by experienced nurses, ready to give confidential healthcare advice, information and reassurance 24 hours a day for the price of a local call.

### Emergencies

**24 hour help line ring 01524 583465 the direct line to CCU,  
or dial 999 immediately,  
DO NOT DELAY.**

### Your Contributions Required

Articles are always required for your Newsletter, these may be hand written, Floppy, CD or email.

Email to:- jim@g4abe.fsnet.co.uk or

J. Ellis,

4, Hazelmount Crescent,

Warton, Carnforth

Lancs. LA5 9HS. Tel 01524 733847

Contact **Tony Parkinson** our **Web Master** on 01524 422259 with any contributions for Heart Concern Web Site

Or e-mail Tony at :- heartconcern@tiscali.co.uk our web site is

### Disclaimer

Material in this Newsletter is given only as information only and inclusion of any material in Heart Concern News does not imply a recommendation by Heart Concern.

## Featured this Issue:-

|                           |              |
|---------------------------|--------------|
| Dates For Your Diary      | Page 3       |
| Morecambe R.N.L.I.        | Page 3       |
| Treasurers Report         | Page 4       |
| Social Secretary's Report | Page 5       |
| Walking Group Report      | Page 6       |
| Can You Help?             | Page 7       |
| Put The Kettle On         | Page 8       |
| Just for Fun              | Pages 9 & 10 |

## COMMITTEE MEMBERS

|                                  |              |
|----------------------------------|--------------|
| Ann Williams, Chair              | 01524 66002  |
| Hilda Preston, Vice Chair        | 01524 732056 |
| Christine Nightingale, Secretary | 01524 67859  |
| Lynda Wilson, Social Secretary   | 01524 67465  |
| Jim Ellis, Treasurer             | 01524 733847 |
| Judith Harrison, Press Officer   | 01524 751153 |
| Lisa Downham                     |              |
| Carole Ellis                     | 01524 733847 |
| Sheila Iddon                     | 01524 64797  |
| Tom Nightingale                  | 01524 67859  |
| Doug Wilson                      | 01524 67465  |
| Keith Whitaker                   | 01524751930  |

| Date                       | Event   | Venue                                  |
|----------------------------|---|--|
| Saturday<br>10th September | Walk  | 2 pm Hutton Roof Church                |
| Saturday<br>17th September | <b>Collection</b>                                   | Booth's, Kirkby Lonsdale               |
| Tuesday<br>4th October     | Ms. Julie Weaver<br>Aromatherapy and<br>Reflexology | 7.30 pm St. Thomas'<br>Centre          |
| Saturday<br>8th October    | Walk  | 2 pm Cockerham Village                 |
| Tuesday<br>1st November    | Flower Arranging                                    | 7.30 pm St. Thomas'<br>Centre          |
| Saturday<br>12th November  | Trip to Edinburgh<br>and walk with Hilda.           | T.B.A.                                 |
| Tuesday<br>6th December    | Christmas Social<br>And Quiz                        | RLI Social Club                        |
| 10th December              | Walk  | 1 pm The Cross Keys C.P.<br>Milnthorpe |

*Morecambe R.N.L.I.*

About 25 members enjoyed an evening visit to the Lifeboat Station at Morecambe. We were given interesting talks on the Inshore inflatable rescue boat, the Hovercraft and the general running and administration of the Station. Also discussed were the tides and other related safety aspects associated with the Bay. These volunteers certainly do provide an outstanding service.

See photographs on back page.

**The following extracts from a council tenants' complaints department!**

I wish to report that the tiles are missing from the outside toilet roof. I think it was the wind the other night that blew them off.

My lavatory seat is cracked. Where do I stand.

I am writing on behalf of my sink, which is coming away from the wall.

Will you please send someone to mend the path. My wife tripped and fell on it yesterday and now she is pregnant.

I requested permission to remove my drawers in the kitchen. 50 per cent of the walls are damp, 50 per cent have crumbling plaster, and 50 per cent are plain filthy.

The toilet is blocked and we cannot bath the children until it is cleared.

Will you please send a man to look at my water. It is a funny colour and not fit to drink.

Our lavatory seat is broken in half and is now in three pieces.

Our kitchen floor is damp. We have two children and would like a third, so please send someone round.

I am a single woman living downstairs. Would you please do something about the noise made by the man on top of me every night.

I have had the clerk of works down on the floor six times but I still have no satisfaction.

This is to let you know that the lavatory seat is broken and we can't get BBC 2.

## Just For Fun.

### THE COMPUTER'S SWALLOWED GRANDMA

The computer's swallowed Grandma  
Yea, honestly it's true  
She pressed "Control" and "Enter"  
And disappeared from view.

It's devoured her completely  
The thought just makes me squirm  
Maybe she's caught a virus  
Or been eaten by a worm.

I've searched through the "Recycle Bin"  
And files of every kind  
I've used the Internet  
But nothing did I find.

In desperation I asked Jeeves  
My searches to refine  
The reply from him was negative  
Not a thing was found "Online".

So, if inside your "In Box"  
My Grandma you should see  
Please "Scan" and "copy" and "Paste" her  
In an E-mail back to me.

A new parish priest was visiting the homes of his parishioners, but at one house, though it was obvious someone was at home, there was no answer. So he took out a card, wrote "Revelation 3:20" on the back and put it through the letter box. The next Sunday, he found that his card had been returned with the cryptic message: "Genesis 3:10. Checking his Bible, he broke into gales of laughter.

Revelations 3:20 begins "Behold, I stand at the door and knock."

Genesis 3:10 reads: "I heard your voice in the garden and I was afraid for I was naked".

## Treasurer's Report

Since our June Newsletter we have received the following:-

|               |             |      |
|---------------|-------------|------|
| Collections:- | Asda        | £259 |
|               | Morrisons   | £392 |
|               | Sainsbury's | £125 |
|               | Tesco       | £275 |
|               | Booths      | £291 |

Donations in memory:-

The relatives and friends of George Shaw, Mabel Beesley and Violet Bruce kindly donated a total of £689 in their memory.

Various Collecting Boxes:-

Collecting boxes at Asda Tobacco Kiosk, Bare News-agents, Mr. G. Brown, Butcher, Bowerham, and Mrs J. Cowison yielded a total of £158.

Donations:-

Donations were received from the following members, Mr. & Mrs. Caton, Mr. B. Gornall, Mr. & Mrs. Pollock, Mr R. W. White and Mrs. K. Winder which raised £239.

I wish to thank everyone for their efforts in raising the above magnificent sums which, as you know will be used to help people within the Lancaster and Morecambe area.

*Jim Ellis, Treasurer.*

### **11th June, Coach Trip to Keswick.**

A cloudy start to the day, by the time we stopped for coffee on the M6 at the Westmoreland Services the sky was blue and the sun had begun to shine. We arrived at Keswick shortly before noon, some of our group went to the shops and local farmers market, the rest joined Hilda on a walk.

We made our way towards the lake passing the theatre. We walked along the edge of Derwent Water before stopping in a quiet cove for our picnic lunch. Whilst we ate our lunch we were able to admire the view across the lake to Catbells and surrounding hills, also by the waters edge was a large stone, about 2 feet in diameter, cut in half, on each half was an identical carving (see photograph). Looking in the direction of High Spy we watched the Air Sea Rescue helicopter carrying out a rescue. After lunch we continued along the lakeside for about a mile before turning our backs on the lake and started to walk through footpaths in the direction of Keswick, in a small clearing was a plinth to the memory of John Ruskin (see photograph), and a field with Belted Galloway Cattle and Llamas sharing the same pasture.

Once back in Keswick there was time for either a pint, an ice cream or a look round the shops before we met the coach at 4.30 pm.

Twenty nine happy people travelled home through the lanes and beautiful countryside via Grasmere and Windermere.

If you have not joined us on one of our days out maybe our next trip will interest you.

**Saturday 12th November to Edinburgh.** Give me a call and book a seat.

*Lynda Wilson 01524 67465.*

## **Put the Kettle On.**

Although coffee is fast becoming the nation's favourite drink, with a coffee bar now on every street corner, the latest scientific studies show that three cups of tea a day not only lift the spirits, but also help to protect against today's major killers, heart disease and cancer.

Research by Dr. Carrie Buxton, a public health nutritionist, has shown that black tea contains powerful antioxidants known as flavonoids, which can prevent the kind of cell damage which lead to heart disease and cancer.

These antioxidants also inhibit the growth of "bad" bacteria in the gut while promoting the proliferation of "good" bacteria. Nor are the benefits of black tea compromised when milk is added, according to Dr. Buxton.

She also maintains that the caffeine in tea can improve alertness and memory. The idea that the amount of caffeine in tea is harmful is a baseless "urban myth".

Antioxidants contained in black tea are not, however, found in coffee or herbal tea. It's only traditional strong black tea which delivers the goods.

Dr. Buxton's studies indicated that three cups of tea a day could cut the risk of heart attack by 11 per cent. During her researches, she found that the over - 50s drank twice as much tea as 19 - 25 year olds. As a result, the Tea Council has just launched a campaign known, as tea4health, to encourage younger people to drink more tea.

Young women in particular, it seems, are shunning tea in favour of water. And the reason? According to Simon Bowes, from the tea-packing firm Keith Spicer, tea drinking is on the decline because today's impatient youngsters can't wait for the kettle to boil!

By Liz Hodkinson,

Published in "The Veteran" March 2005

## CAN YOU HELP?

WANTED – 2nd HAND DOLLS OF ANY SIZE FROM  
“TEENAGE BARBIE” TO 20 INCH “BABY” OR “GIRL”  
DOLLS.

The Kendal Branch of “International Aid Trust” are a group who knit or sew to dress 2nd hand dolls which have previously been washed and hair shampooed. The dolls are dressed with vest, pants and three sets of clothes which are then packed into a draw string material “shoe bag” ready to bring pleasure to little girls in Eastern Europe.

The group also recycle soft toys, knit/crochet squares to make up into blankets, gloves mittens, hats, scarves, jumpers and matinee jackets etc. for babies, children and adults. The smallest items are put into “shoe boxes.” Every thing that has been produced is sent to Eastern Europe all year round not just at Christmas.

If you have any dolls, soft toys, odd balls of wool, pieces of material which the group could recycle for this cause please bring it along to any Heart Concern meeting or perhaps you might like to knit or sew at home yourself or require more information please contact Carole Ellis on 01524 733847.

See photographs on back page.

## Committee Meetings.

Your Committee members meet once a month, on the 3rd Tuesday in the month. If any member has anything that they would like to bring before the committee for discussion, will they please inform any Committee member by phone/ letter/e-mail/or in person. This is your opportunity to influence our direction.

**Next Committee meetings:- Tuesday 20th September**  
**Tuesday 18th October**  
**Tuesday 15th November**

## WALKING GROUP

Sunday 9th July was a very hot day!

We met at the Smithy Inn at Holme and walked along the canal towpath to Hilderstone where the larch trees were originally planted to provide timber for use when repairing the canal in days gone by. We then ascended up and over the fields to cross over the M 6 into Burton, we then walked along Vicarage Lane to the bridleway then on Sandy Gap Farm and Clawthorpe Hall. We returned to Holme by retracing our steps along the canal towpath to the Inn for much needed rehydration .

Saturday 13 th August.

In anticipation of the access to Clough Pike being closed following the 'glorious 12th' Jim Shepherd had plan B ready to put into action. We moved to Little Cragg Car Park, the weather was cold and windy as we walked via Skelbrow Barn towards Wisp Ford Wood it became warmer and the skies cleared. We had wonderful views of the Lune Valley and the distant Lakeland hills. We continued via Belhill Farm to Udale Bridge where we joined the road towards Pott Yeats and eventually to Bains Cragg.

Many thanks to Jim for leading such a pleasant walk.

*Don't forget our walk at Edinburgh on 12th November, it will be interesting to visit a new area. Book your seat on the coach through Lynda on 01524 67465.*

*Hilda Preston,  
Cardiac Rehabilitation Sister.*